

secret to success

With guest columnist Sandy Forster

BE LOUD & PROUD

AFFIRMATIONS ARE THE KEY TO CHANGING YOUR LIFE – SAY THEM OUT LOUD SEVERAL TIMES A DAY FOR A GREAT IMPACT

The way an affirmation works is through the subconscious. There are two ways a belief gets lodged in your subconscious – through repetition or strong emotion.

As an example, you might have a toddler in the kitchen, and you could say to the child: 'Stay away from the stove or you'll burn yourself.' Every time they go near the stove you say the same thing. You could say it 20 times and that child may still try to touch the stove, but eventually the words will sink in and they'll stay away.

Now imagine for a moment that you say those same words, but this time the child ignores you, goes straight to the stove and gets burnt. Let me tell you right now, you'll never have to say those words to that child again because the surge of emotion (in this case, fear) they felt in that moment has made that a 'knowing'. It has gone directly to their subconscious mind and the child will never go near the hot stove again.

It's the same with attracting what you desire with affirmations. To get the result you want, the affirmation has to go into your subconscious and become a knowing.

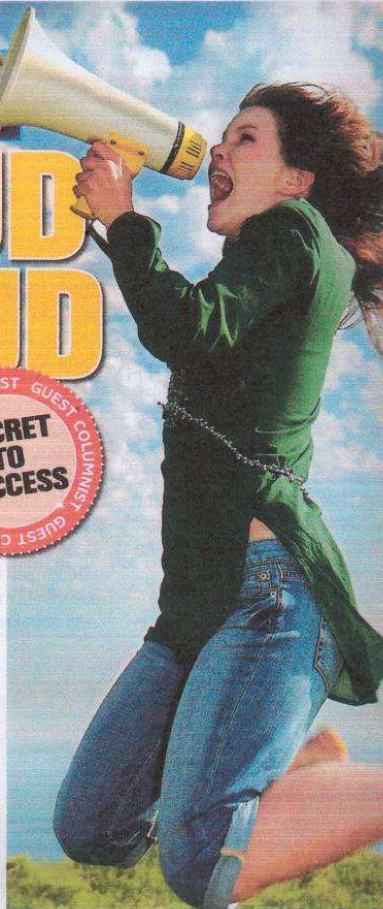
You can either do that through constant repetition, which can take time, or you can attach strong emotion to the affirmation. This will take it directly into the subconscious where it goes into action to make you more magnetic to your desires. When you use repetition with emotion, the attraction powers double.

Create your own affirmation and say it over and over to get the result you want, or you could add emotion – or you could combine the two as I did. I had one affirmation I really liked.

'I am so grateful that I now make at least \$10,000 profit every month.'

I used very specific words because I didn't want to limit myself to a certain amount of money if I could make more. I also didn't want to have a lot of expenses (which is why I used the word 'profit') and I didn't want it to be a one-time thing, so I made sure I said 'every month'.

That affirmation fitted all the criteria. It was in the present, it was personal, it had emotion, it was powerful and it had the end result clearly defined.



emotion into it. I repeated it slowly 16 times (the number of words there were in the affirmation) and each time I emphasised a different word.

For instance, the first time I emphasised the first word, the second time, the second word and so on. Each time you say it, you really feel the emphasised word in your heart and soul. Flood your body with the emotions you would feel if your affirmation had already come to be. Again, close your eyes as you repeat your affirmation and see it as already having happened.

This is a very powerful way to give your affirmations the energy required to send them out into the universe and then speedily attract back to you your desires of abundance and wealth.

At the time, making \$10,000 each and every month was a fortune to me – now I make that much money in a week, sometimes in a single day. I'm telling you, this stuff really works!

If I was able to change my financial situation with the poverty consciousness that I had run through my head, then you will too.

● **Sandy Forster is Australia's leading prosperity and success mentor and the author of the international bestseller *How to Be Wildly Wealthy FAST*. She shares the secrets to creating a life filled with abundance and riches with hundreds of thousands of people around the world.**

ASK SANDY FOR ADVICE

Do you have a question about how to improve your life or boost your wealth? Write to Sandy at New Idea, Private Bag 9960, North Sydney